

VOLLEYBALL STUDY SHEET

In 1895 William G. Morgan created the game of volleyball. The original name of volleyball was mintonette. In 1896 Alfred T. Halstead changed the name to volleyball. It was introduced to the Olympic Games in Tokyo, 1964.

Scoring:

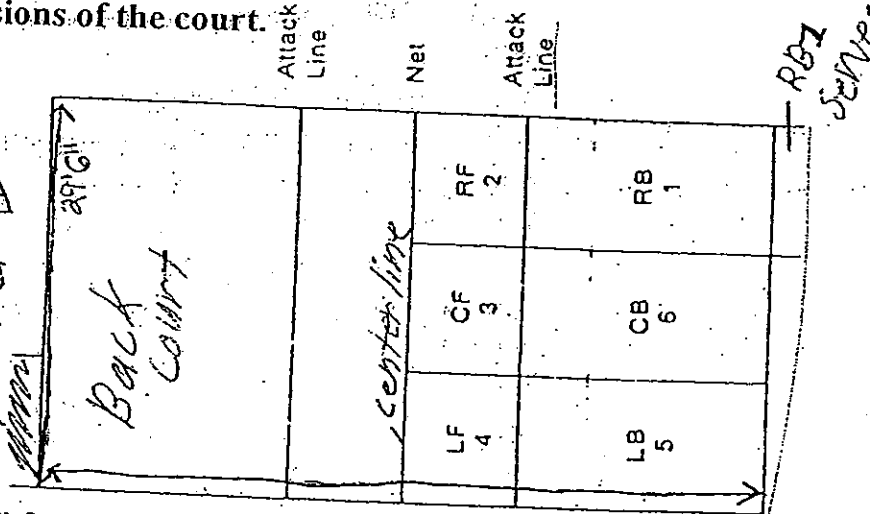
- ✓ Rally Point Scoring – Every time the ball is served a point is awarded to the deserving team and a serve is awarded. The scoring goes up to 25 with a two-point advantage.
- ✓ Sideout Scoring – Only the serving team may score a point. When ever the ball hits the ground the deserving team is awarded a serve. The scoring goes up to 15 with a two-point advantage.

Rules of Play:

1. There are 6 players to a team. The six players consist of the following positions and rotate in the following order.

* Know the dimensions of the court.

- 1 = Right back
- 2 = Right forward
- 3 = Center forward
- 4 = Left forward
- 5 = Left back
- 6 = Center back



2. The net height is 7'11" for men, 7'8" for coed, and 7'4" for women. sideline-59'
3. A serve can be performed overhand or underhand. If a serve hits the net and continues onto the opposing side the ball is playable.
4. A team has three hits to return the ball over the net, and the ball may be played off of the net.
5. One player may not hit the ball twice in a row.

6. If two players from the same team hit the ball at the same time it counts as one hit and either player can play the ball again.
7. If two opponents contact the ball at the same time over the net, the receiving team is entitled to three hits to return the ball over the net.
8. Only front row players may spike the ball, and spiking the ball on a serve is illegal.
9. Passing any part of the body over the net or under the net or touching the net at any time is illegal.
10. A ball that lands on a boundary line is considered in.

Volleyball Terms:

- ✓ Ace – A serve that results in an immediate point.
- ✓ Assist – Passing or setting the ball to a teammate who then spikes it.
- ✓ Block – A defensive play by one or more players meant to deflect a spiked ball back onto the opponent's court.
- ✓ Bump – forearm pass.
- ✓ Carry – When the ball comes to rest momentarily in the hands or arms of a player.
- ✓ Dig – Passing a spiked ball.
- ✓ Dink – A push of the ball around or over blockers.
- ✓ Foul – A violation of the rules.
- ✓ Free ball – a ball that will be returned by a pass rather than a spike.
- ✓ Kill – A spike that results in an immediate point or turnover.
- ✓ Overhand pass – A pass performed with both hands open, controlled by the fingers and thumbs, played just above the forehead.
- ✓ Pancake – A one-handed defensive technique where a player's palm is placed against the floor, and the ball is able to bounce off their hand for another player to hit.
- ✓ Ready position – The flexed posture a player assumes before moving to contact the ball.
- ✓ Serve – An overhand or underhand hit used to put the ball into play.
- ✓ Set – The tactical skill used to pass the ball to a player at the net for a spike.
- ✓ Spike – A ball contacted with force on the offensive team trying to score a direct point on the opposing team.